

SHAME RESILIENCE / LGBTQIA+ MEN

Show up whole.

An affirming group for LGBTQIA+ men, including trans men.

Explore the rules about who you learned you could be. Together, we will recognize shame and its triggers, question those rules, and practice asking for support on your terms. Each session includes guided discussion, reflection, and practical ways to respond to shame with empathy and connection.

UNLEARN THE RULES | **BUILD CONNECTION** | **SPEAK YOUR NEEDS**

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12 GROUP WEEKS • 90 MINUTES EACH

Three 4-week blocks, with a break between blocks

$35 per person / session

$30 per person / session when prepaid

$360 total for all 12 sessions

FACILITATORS

Melissa Ottum, AMFT + Alistarr Helmick, AMFT | BBS Registration Pending

Supervised by Jay Alarcon, Licensed Marriage and Family Therapist #134460

LET'S CONNECT

Call or text (619) 722-8148

2727 Camino Del Rio South, San Diego, CA 92108

SCAN FOR DETAILS

sccscommunity.org